



# MAHONE WRESTLING



## General Information

1. Wrestling practice will begin Monday, October 15, 2018. Practice will run after school from **4:00 - 6:30** Monday-Friday. **Please have your ride pick you up ON TIME.**
2. Prior to the first practice, all student-athletes must have a current physical to participate in any practices or matches. This physical must be filled out by a physician and filed in the school office.
3. Before the first practice, wrestlers must have paid a \$50 athletic fee (\$100 cap per student per year).
4. The required paperwork, due to the school office by October 5, must be filled out and turned in before the student-athlete will be allowed to practice. The forms are: Physical, Athletic Code of Conduct, Risk of Injury, Emergency Contact, Concussion, and Athletic Permission Form.
5. For practice, wrestlers will need gym shorts, t-shirt, wrestling shoes (not provided), and headgear (provided). Mouthpieces are optional (not provided).
6. Match attire consists of a singlet (provided), headgear, and wrestling shoes- **NO EXCEPTIONS.**
7. To minimize the potential for injury, students may wrestle others within 2 weight classes of their weight at practice. Wrestlers will compete at their weight class in matches.
8. Wrestling team members should stay at the match until all wrestlers have competed. We are a TEAM and want everyone there to cheer for and support each other.
9. To prevent skin conditions, students will need to have at least 2 changes of practice clothes that are washed frequently. Students will need to shower (at school or home) after being in contact with the mats.
10. No horse-play or rough-housing will be tolerated at practice.
11. Wrestlers are expected to attend every practice and work hard. The only way to improve through effort and dedication.
12. Student-athletes will have their grades checked weekly confirming academic success. All are expected to maintain a C- or better in all classes.